Adapt of Missouri
ITCD

Arthur Center
ITCD

Bootheel Counseling Services
ITCD, DBT

Burrell Behavioral Health
ACT, ACT-TAY, SPECIALTY TEAMS, ITCD, DBT

BJC Behavioral Health
ACT TAY, ITCD, DBT

Clark Mental Health Center
ITCD

Compass Health
ACT, ACT-TAY, SPECIALTY TEAMS, ITCD, DBT

Community Counseling Center
DBT, ITCD

Comprehensive Mental Health Services
ACT-TAY, ITCD

Comtrea
ITCD, DBT

Family Counseling Center
ITCD

Family Guidance Center
ITCD

Hopewell
ACT TAY, ITCD

Independence Center
ITCD

Mark Twain Behavioral Health
ITCD, DBT

Mineral Area
ITCD

New Horizons
ITCD

North Central MHC
ITCD

Ozark Center
ACT, ACT-TAY, ITCD, DBT

Ozarks Healthcare
ITCD

Places for People
ACT, FACT, ITCD, DBT

Preferred Family Healthcare
ACT TAY, ITCD, DBT

ReDiscover
ITCD, DBT

St. Patrick Center
ACT

Swope Health Services
ITCD

Tri-County Mental Health
ITCD, DBT

University Health
ITCD, DBT

EVIDENCE BASED SERVICES NEWSLETTER

- ASSERTIVE COMMUNITY TREATMENT (ACT) WEB PAGE—CLICK HERE
- INTEGRATED TREATMENT FOR CO-OCCURRING DISORDERS (ITCD) WEB PAGE—CLICK HERE
- DIALECTICAL BEHAVIOR THERAPY (DBT) WEB PAGE—CLICK HERE

Hello from DMH

by Lori Long, EBS & Review Coordinator

Summer is in full swing, with the weather following suit into the 90's and sometimes 100's, and we often find ourselves grieving the cooler, fresher spring days behind us. With that also comes the air of change in many other things. Some of these seem to be related to "post-COVID" life.

I've noticed the workforce challenges are still evident, but perhaps a bit less prominent now, as vacant positions are filled and new staff are receiving trained for their roles within teams. Sometimes this causes anxiety, uneasiness and challenge. However, one thing that helps me overcome those feelings of "being out of control" is that within a fidelity based team, there is comfort in knowing that the work done is based on evidence based practices. One definition describes this as: "*Evidenced-based practice (EBP) is applying or translating research findings in our daily patient care practices and clinical decision-making. EBP also involves integrating the best available evidence with clinical knowledge and expertise, while considering patients' unique needs and personal preferences.*"

While we may be dealing with crises, emerging serious issues, high needs, problem solving, critical planning and avoiding pitfalls for the individuals we serve, we are trained in state of the art skills that all of our interventions are founded upon. Just think of that! We know things most people in the general workforce do not! How to talk to someone in a way that moves them into more effective decision making for their own well being: Motivational Interviewing. How to provide teaching, training, modeling, coaching, support, demonstration: Psychiatric Rehabilitation. How to help someone avoid potential disaster from relapsing in substance use: Relapse Prevention. How to ensure the safety of someone who regularly engages in unsafe behaviors: Harm Reduction. How to teach someone skills to manage the negative effects of an illness or addiction: Wellness Management and Recovery. How to handle two disorders at one time that both interplay with each other negatively: Integrated Treatment for Co-Occurring Disorders. How to teach someone to remain in the "here and now" to change their negative behaviors and avoid self harm: DBT Emotion Regulation. How to help someone secure a competitive wage through employment or return to school to earn a higher education level: Supported Employment and Education.

To think that we have the ability to help someone with any of these issues is incredible and should help us to feel positive and assured about the work we do—and are capable of doing. The individuals we serve are in good hands of the staff providing Assertive Community Treatment, Integrated Treatment for Co-Occurring Disorders or Dialectical Behavior Therapy. And they tell us that over and over when visiting with DMH staff during fidelity reviews!

MISSOURI DEPARTMENT OF MENTAL HEALTH

To find past issues of the Newsletters go to the DMH web pages at: https://dmh.mo.gov/behavioral-health/treatment-services/specialized-programs/provider-act

Or https://dmh.mo.gov/behavioral-health/treatment-services/specialized-programs/itcd

Scroll down to "newsletters" and find your archived online copy!

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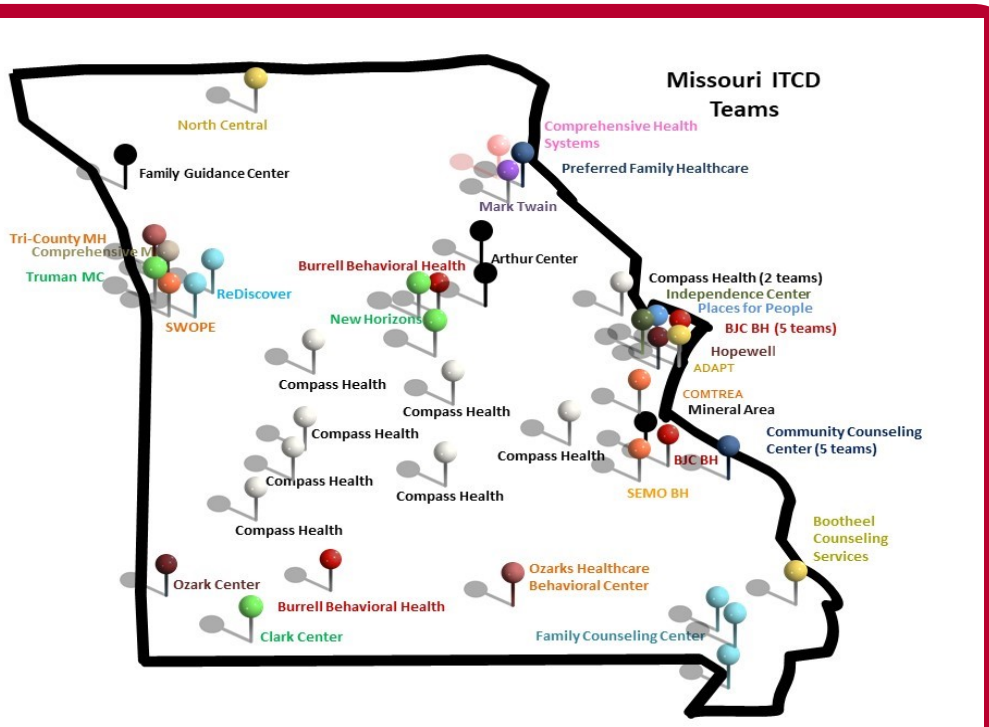
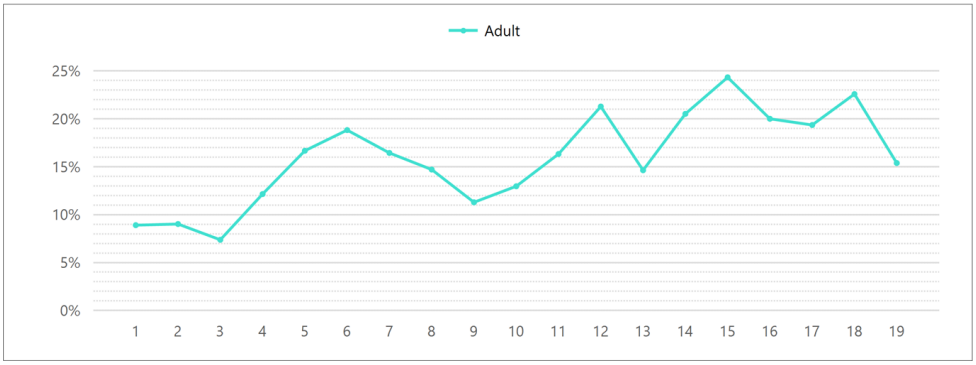


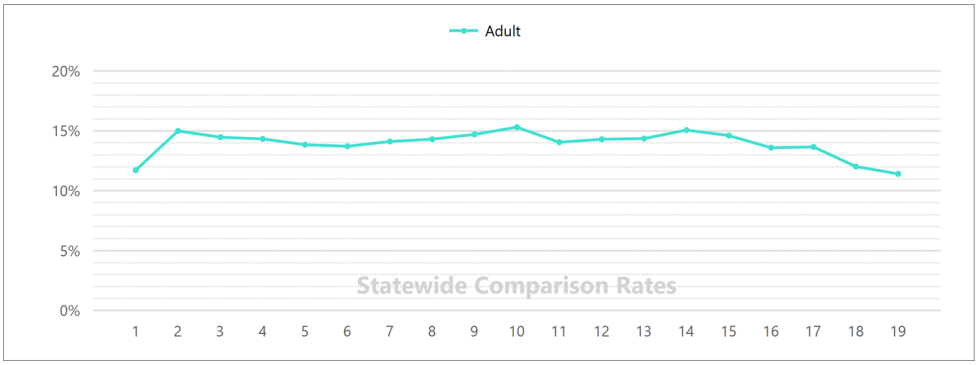
Congratulations Compass Nevada ACT team!

Data is showing that over the course of the client's treatment quarters, there is a clear trend of gaining competitive employment. After quarter 11,this trend is higher than the statewide trend comparison of all adult ACT teams.

Percent Competitive Employment for Compass Nevada From Quarters 1 To 19



Statewide comparison of all adult teams



TEAM SPOTLIGHT

Jumping Over the Wall to Meet Someone Where They're at in Life's Journey.

By Gina Uebinger, MS
Adult CPRC ITCD Supervisor
Compass Health St. Charles Heart team

Imagine being displaced in the world and feeling that you don't care about yourself or anyone else. Imagine that your body is shaking with pain, withdrawal, and mental torture. You find yourself desperate to meet your basic needs, such as food and shelter. You endure all the weather changes from extreme heat to below freezing temperatures and walking around soaking wet. You experience loneliness and depression from the loss of friends and family.

I am the supervisor of the Adult CPRC ITCD team in St. Charles County, based out of one of Compass Health Network offices. ITCD is a program started by the Missouri Department of Mental Health. It stands for Integrated Treatment for Co-occurring Disorders. The program has detailed educational material and yearly audits. Our ITCD program in St Charles County has made fidelity improvements each year.

My ITCD team is called the Heart team. Heart team is a great name to describe our staff because they never give up on consumers and care with all their hearts. Our team includes individuals with the following specialties: psychiatry, therapy, a nurse care manager, two substance use counselors (called ITCD Specialists), four community support specialists, one peer supports, one wellness coach, one job coach with the Individual Placement Services (IPS) and myself the ITCD supervisor.

Over time we see big changes in the lives of the individuals we work with. Our consumers have told us how much they appreciate the team approach with friendly faces, not giving up on them, and meeting them where they are on the path, helping them get their needs met, and learning to live healthy lives. Some even say that they would have never made progress without the key components of the program.

Consumers work individually with treatment team and with peer groups on addressing both the mental illness and substance use. We offer educational groups and process groups with fun names along with added incentives to attend. For example, we have the following groups: Building Balance, Next Generation, Deal or No Deal and Bounce Back. Consumers attending groups are provided coffee, water and one snack. They also add their name on a ticket each time they attend any of the recommended groups in that month. We have a monthly drawing at the end of the month for a small prize. Consumers get excited to get pins, journals, calendars, stress balls along with a few surprise items to choose from.

Another component of ITCD program is meeting with both consumer and their support person in their life. It is a challenge for most of our consumers in the program to name a support person in their life. One way we challenge clients to come up with a support person is by holding a quarterly Bingo night. Consumers are invited to bring their support person with them to participate.

Continued.....

Missouri Evidence Based Services Newsletter

Summer 2023

For resource information on Supported Employment and Education services for Transitional Age Youth, visit the DMH website:

https://dmh.mo.gov/behavioral-health/treatment-services/specialized-programs/employment-services

And click on "Youth"

Harvard for Developing Child
https://developingchild.harvard.edu/

The National Child Traumatic Stress Network
https://www.nctsn.org/

ITCD Toolkit from SAMHSA

Click Here

TEAM SPOTLIGHT, cont.

All the interventions are guided by the use of Motivational Interviewing Techniques to assist clients in moving through stages of change. In addition, the ITCD program has guidelines for interventions based on consumers stages of treatment. The incentives are just a way to open the door for a scared and lonely individual coping from mental illness and substance abuse. The goal is to build rapport and trust in order to show them a new way of living.

Compass Health Network's motto is, "Inspire Hope, Promote Wellness." Our ITCD Heart team adds to that motto with, "Whoever you are and wherever you are on life's journey, you are welcomed to the ITCD team."

Fidelity Corner

The Use of Stages of Change in fidelity based programs

Stages of Change, Stages of Treatment and Stages of Recovery have become more familiar to us in recent years. They have been identified as an effective way to categorize someone's readiness to make a change, usually in behavior or thinking, that will help them toward recovery. The stages themselves may have different labels, but essentially they are designed for the same purpose. To ensure we as practitioners understand "where that person is" in their decision making, feelings and thoughts at certain times in their recovery path. That is a critical element of understanding and using the Stages of Change.

More importantly than knowing the label and definition of each stage, we use staging to choose interventions that will have the greatest positive impact on that person, at the point of wherever they "are" in treatment readiness. No matter what we chose to do as an intervention, it will either be successful or not depending on how that person uses the information or teaching we provide. Staging gives us an edge, allowing us to pick interventions that are shown to be most effective for that person, wherever they "are at".

When we begin to struggle, feel ineffective, stuck, like our efforts are not paying off, etc., just ensure you really know what stage of change the individual being served is in and more importantly, are the interventions you are using matched to that person's stage via the evidence and research? Often, they are not. That is the time to regroup, re-assess, re-discover the path that person is on and come up with a new planned intervention. Perhaps your team can provide new ideas to lead you to try something you didn't think of before.

Stage based treatment is key because research suggests that maladaptive behavior is most effectively modified when stages of treatment are considered.

Billing & Services Review • Certification & Monitoring • Evidence-Based Services & Review

Missouri Department of MENTAL HEALTH

Monitoring & Review Units

DBH

Division of Behavioral Health

NAVIGATE

Online Manuals:

http://navigateconsultants.org/manuals/

Find out more about the TMACT Protocol here:

http://www.institutebestpractices.org/tmact-fidelity/more-about-the-tmact/

At the *Institute for Best Practices*

Have questions about WRAP trainings?

Contact lori.franklin@dmh.mo.gov

Be sure to check out our training library links on these web pages under "Training Library" Click one below:

ACT

ITCD

DBT

RESOURCES

Center for Evidence-Based Practices at Case Western Reserve University

http://www.centerforebp.case.edu/

Individual Resiliency Training (IRT)

http://navigateconsultants.org/manuals/

Copeland Center for Wellness and Recovery

http://copelandcenter.com/wellness-recovery-action-plan-wrap

Division of Behavioral Health Employment Services

https://dmh.mo.gov/mental-illness/employment-services

IPS Employment Center

https://ipsworks.org/

Certified Peer Specialist

https://dmh.mo.gov/mental-illness/peer-support-services

SSI/SSDI Outreach, Access and Recovery (SOAR)

http://soarworks.prainc.com/

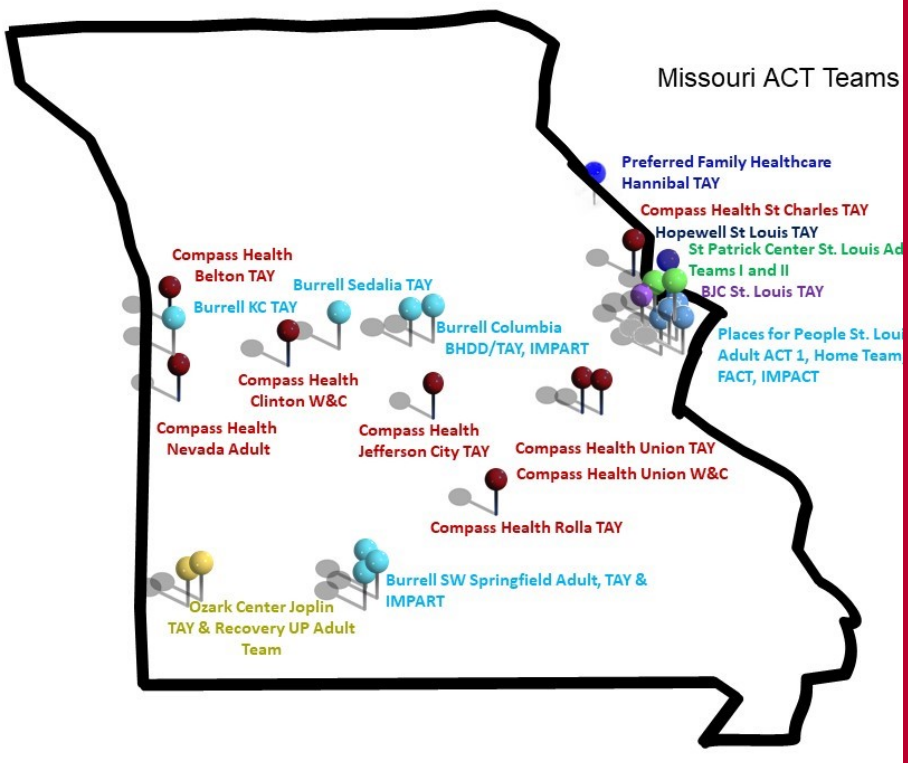
Institute for Best Practices (TMACT website)

https://www.institutebestpractices.org/tmact-fidelity/more-about-the-tmact/

Missouri Children Trauma Network https://www.moctn.com/

Healthy Families of America

https://www.healthyfamiliesamerica.org/



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Save the Date!

We are excited to announce trainer Matt Boone will be returning this fall to present:

Acceptance and Commitment Therapy training

This virtual training is best suited for ACT team therapists providing mental heath therapy with individuals on their teams.

November 2 & 3 with a second training planned for March 2024.

More detailed information and training agenda forthcoming!!

To access the free and downloadable Supported Housing Toolkit on the Substance Abuse and Mental Health Services Administration (SAMHSA) website:

CLICK HERE

Take the free **SOAR online training course** by visiting

http://soarworks.prainc.com/course/ssissdi-outreach-access-and-recovery-soar-online-training

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Missouri

Evidence Based Services Newsletter

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NAMI Support Group listings can be found at: https://namimissouri.org/support-groups/

DBTmo DIALECTICAL BEHAVIOR THERAPY

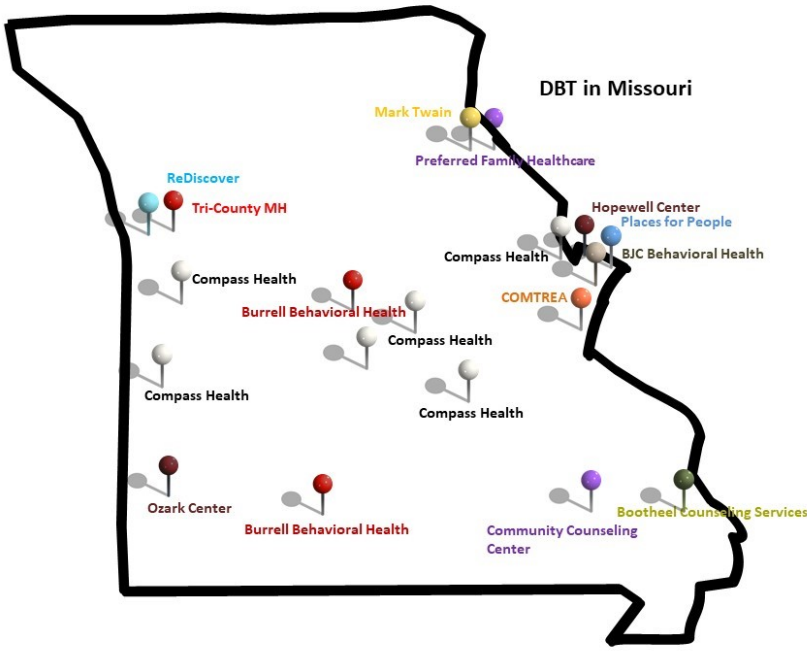
DBT website—information, membership, training events, certification, directory, resources, links and support!

Click Here

NASMHPD Supporting Excellence in Behavioral Health 60 YEARS

National Association of State Mental Health Program Directors

Click Here



The Missouri Behavioral Health Council will provide several **peer scholarships** *for the 2023 Missouri Behavioral Health Conference, held on September 19-22, 2023, in Kansas City, Missouri, at the Westin at Crown Center.*

The conference cost ($150) will be waived, and we would welcome you to attend the entire conference. Lunch will be provided each day, and breakfast on Thursday and Friday during the conference. Hotel stays will not be included in the scholarship.

Application: https://katiehorst.wufoo.com/forms/r1wp6pe216h0qp1/

We will also provide a WRAP (Wellness Recovery Action Plan) Training on September 19-20, 2023, along with the entire conference on the 21-22.

For questions contact Katie Horstman events@mobhc.org

Missouri

Evidence Based Services Newsletter

Summer 2023

If you have any questions about further developing Motivational Interviewing in your practice, feel free to contact Scott Kerby. He has information on free and cost effective products and can help with your Motivational Interviewing needs.

skerbyconsulting@gmail.com

Past issues of the DMH "FYI Fridays" by Nora Bock can be found at:

https://dmh.mo.gov/mental-illness/fyi-fridays

DBT fidelity reviewing is underway in 2023! Reviews occur for adult and adolescent programs once every 2 years. Check to see in what month/year your team is scheduled by contacting Lori Long at lori.long@dmh.mo.gov .

Additional information is found about DBT here

Motivational Interviewing Corner

By ***Scott Kerby***

Recently we have been considering how the skills of Motivational Interviewing overlap with professional ethics. This led to the creation of a training called "Ethics in Action--Anchoring the Therapeutic Frame". In this article we will discuss how creating a focus in and across settings also safeguards clinicians from ethical issues, while also improving outcomes.

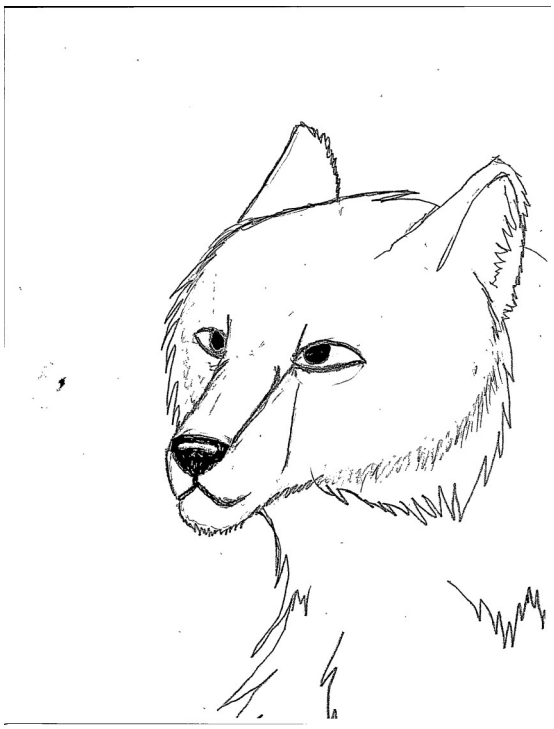
The concept of the Therapeutic Frame refers to the fixed elements of the helping relationship that provide the context for the work of therapy (or case management). Central to this frame are the boundaries that serve as the rules and limits to the relationship that are agreed to at the start of work together. Included in this are agreements involving time (how long will our sessions be, how will I handle my client being late, should me meet outside of scheduled times), external contact (how will I deal with dual relationships), confidentiality, terminating therapy, and fees. These are the agreements that set a therapeutic relationship apart from other relationships, that allow us to do our best work, and to provide ethical care.

So where does focus fit in with this concept? Setting a focus was one of 8 key skills that were identified by Miller and Moyers that improve client outcomes. A lack of focus in sessions negatively impacts the working alliance; it increases the likelihood of informal or off-topic chat (which is correlated to reduced motivation and poorer outcomes), and increases the likelihood that we develop "professional friendships". These professional friendships can look like an indefinite wandering without direction. Combined, these things can break or bend the therapeutic frame, which puts us at greater risk of ethics violations due to shifting the nature of the relationship.

So the ability to set a mutually agreed upon, explicitly stated focus, and then to flexibly maintain focus throughout treatment, is a sign of a skilled clinician. This skill takes intention to artfully partner with ambivalent clients, and grows even harder the longer you work with a client. Pay attention to the level of "chit chat" in your sessions, as that can be a warning sign. If you notice several sessions where there is no clear sense of direction, perhaps that can serve as a warning light on your dashboard. As you grow your MI skills, take heart that your efforts in areas like focusing have a tremendous payoff for our clients, and also safeguard both parties. Until next time, keep reflecting.

Arts & Literature

Expression



"Wolf" by Erica
ACT TAY Joplin

Creativity

Send your individual's art (photos, photos of artwork, testimonials, poems, etc.) to Lori Long at lori.long@dmh.mo.gov for submission to this newsletter.

Please indicate if the individual wishes to be named along with the team they receive services from.

Thank you!